

A DAY IN THE LIFE FAMILY MENTORING PROGRAM

Purpose: *The Day in The Life* is a Family Mentoring Program, designed to be part of the Leadership Education in Neurodevelopmental and related Disabilities Program (LEND) at the UAB Civitan-Sparks Clinics. This program provides an experience for our trainees to learn first-hand how a family with a child with special needs functions both at home and in the community, learning about the family's perspectives on disability and special health care needs, as well as some of the challenges faced in advocating for their child with special needs. The goals of this activity are for our trainees to learn from a family about the impact of having a child with a disability, their experiences working with professionals from various disciplines, the responsiveness of service systems to the family's needs and desires, as well as deepen the trainee's appreciation and capacity to work in a family-centered manner.

1. LEND trainees will spend a period of eight (8) total hours, in up to two visits with the family. Based on circumstances, two trainees may make the visit at a time.
2. During these 8 hours, time should be spent not only in the home, but also during one typical family outing in the community, such as going to the shopping mall, supermarket, restaurant, medical appointment, community activity. Observing your child at school is also encouraged.
3. LEND trainees are *not* to evaluate or assess the family or provide any professional services. They are to learn from the family about life experiences and issues relating to parenting a child with special needs.
4. LEND trainees will be required to write a brief personal reflection about their visit and present it to fellow trainees at the UAB Civitan-Sparks Clinics.

To learn more about becoming a Family Mentor for our Day in the Life Program, please contact:

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